



Pre-Congress Workshop

FLOURISHING LIVES: PREVENTING BURNOUT THROUGH SELF-CARE

18 Sep 2018 (Tue) | Academia, Level 1, L1-S1 | 9.00am - 5.00pm

About this workshop

The work of healthcare professionals is often physically, mentally, and emotionally challenging. Often times, while caring for others, we neglect to care for ourselves. Burnout is therefore a common phenomenon among healthcare professionals, and can have negative impacts on social, emotional, and occupational functioning.

This workshop introduces the concept of self-care, which is important in maintaining well-being and preventing burnout.

Participants will learn to recognise signs of burnout, and learn various methods and skills to improve well-being and strengthen relationships. Concepts and techniques from Positive Psychology will be applied and taught through experiential exercises and personal reflections. Sleep, another integral contributor to well-being, will also be covered.

Participants will learn about sleep hygiene, relaxation skills, and other techniques to help them achieve a good night's rest.

This workshop is suitable for all healthcare providers or administrative staff in the healthcare sector. If you are interested in learning ways to prevent burnout and maintain emotional well being, this workshop is for you.

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Organiser



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